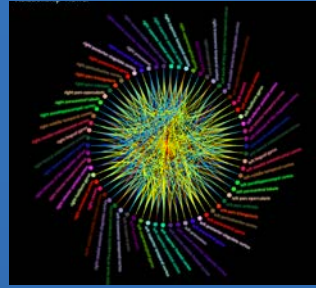


Who, What, and Where We Are.

The BRiTE Wellness Program was developed by a team of like-minded scientists at the University of Pittsburgh with expertise in cognition and behavior. The goal was to create a setting that would help individuals with mild impairments in cognition to work to stimulate their brain and their body with a goal of improving overall health and wellness.

BRiTE was created through a series of generous contributions from donors who wanted to help provide these services to the people of Pittsburgh.

The BRiTE center is located in Sterling Plaza, at 201 North Craig Street, in the Oakland area of Pittsburgh



BRiTE benefits from leading edge rehabilitation research

The BRiTE program is designed based on the results of research studies showing the benefits of both traditional and computerized cognitive stimulation programs on cognitive change.

Cognitive strategy training is a unique program component designed to assist BRiTE participants with daily activities learning to work around any cognitive limitations.

Physical activities are designed to reduce frailty, increase strength and endurance, and improve balance and stability



Brain Exercise and Training Program

Mind and Body Wellness Program

Brain Exercise and Training Program

201 North Craig Street, Pittsburgh, PA 15213

412-383-6010

Cognitive and Physical Stimulation

The BRiTE Wellness Program provides a novel, integrated, multi-modal program to promote brain health among individuals with known or suspected brain injury, by engaging them in physical, cognitive, and artistic activities to promote healthy brain structure and function, and to stimulate compensatory strategies.

A range of activities to help stimulate physical and cognitive functions.

The program has approximately 800 square feet of open space with specially padded carpeting for physical activity. Multiple resistance training stations are placed around the room. The area can be configured to host the cognitive strategy and musical training sessions. Two computer monitors are mounted on the wall for use with balance training tools.

The cognitive stimulation training uses an area centrally located within the program area, that has eight computer workstations. There is an area for a single workstation to be used for visual attention training to facilitate driving skills in older individuals.

Aerobic activity: group activities designed to increase heart rate and respiration.

Cognitive stimulation: individual computer-based activities in a group setting to help stimulate cognitive functions.

Balance training: use of individual balance activities to help with gait and station.

Cognitive strategy: group activity to help stimulate the development of specific strategies

Strength training: weight lifting, stretching, yoga.



Activities are scheduled at hourly intervals, with changing sequences from day-to-day. BRiTE participants can attend as many or as few as they like. The activities are scheduled on a rotating basis, and the schedule is available on-line and at the Program center.